

#### ABSTRACT

Disclosed is a method for preparing zinc-oligopeptides easily absorbable by the human body. A suspension of protein in deionized water at a neutral pH range in the presence of a protease is subjected to proteolysis to give a mixture of oligopeptides. Zinc ions are chelated with the oligopeptides to give a zinc-oligopeptide solution. The zinc-oligopeptide solution is concentrated and dried to a powder. Also provided is a beverage or food composition containing the zinc-oligopeptide, which can make contribution to avoid the lack of dietary zinc.